

I Claim:

1. A support comprising:
 - a wedge-shaped base;
 - a head/neck pillow on the base;
 - 5 a cover around the wedge-shaped based; and
 - a handle attached to the cover.
2. The support of claim 1 further comprising a pocket on the cover.
3. The support of claim 1 with the wedge-shaped base comprising a first foam and with the head/neck pillow comprising a second foam.
- 10 4. The support of claim 4 wherein the first foam comprises an open cell mattress foam and the second foam comprises a memory foam.
5. The support of claim 1 further comprising a spandex cover on the head/neck pillow.
6. The support of claim 1 with the wedge-shaped base having a front
15 surface and a bottom surface, and with the front surface extending at an angle of 25-55 degrees to the bottom surface.

7. The support of claim 6 wherein the angle ranges from 30-45 degrees.

8. A support for floor exercises or stretching comprising:

a wedge-shaped base comprising mattress foam;

a head/neck pillow on the base, with the head neck pillow

5 comprising memory foam;

a wedge cover around the wedge-shaped based; and

a head/neck pillow cover on the head/neck pillow.

9. The support of claim 7 with the head/neck pillow positioned over a front surface and a back surface of the wedge-shaped base.

10 10. The support of claim 7 wherein the base has a height H and a length L and wherein the ratio of L:H is 1.5:1 to 3:1.

11. The support of claim 8 further comprising one or more zippers on the wedge cover.

12. The support of claim 8 with the wedge cover comprising Nylon and the
15 head/neck pillow comprising Lycra.